

Health Club Credit

REMINDER TO ALL BCBSND HEALTH CLUB CREDIT PROGRAM PARTICIPANTS:

An annual Authorization for Release of Information - Wellness Programs must be completed in order to continue to receive credit in 2011.

- If you are also eligible for the BCBSND MyHealthCenter program, this authorization is available online upon logging into [MyHealthCenter](#) on or after January 1, 2011. In addition, members eligible for this program must also complete an annual health assessment in order to continue to receive credit in 2011.
- If you are not eligible for the BCBSND MyHealthCenter program then you must obtain a paper authorization form from your employer and submit to BCBSND.

If you have any questions regarding your eligibility for either program, please contact the number on the back of your health plan ID card.



WRCC is looking for a Control Desk Attendant and Building Attendant to work evenings and weekend shifts.

Applicants should apply at the Parks & Recreation office or print out an application from [dickinsonparks.org](#). For more information on either of these positions please call 456-2074. Successful applicants get a FREE Membership to WRCC... This is a great benefit!

Gymnasium Closed

The East and West Gymnasium will be closed all day Saturday, Feb. 19th and Sunday, Feb. 20th for the Blue Hawk Amateur Basketball Tournament.

Meet-a-Player

Meet a player for RACQUETBALL OR TENNIS... Add your name to the Meet-a-Player Sign up sheets at the Control Desk and find a player that fits your level of play and availability for either Racquetball or Tennis or both! This is a great opportunity to meet new people and find new partners for the sport you love!

Pre-Super Bowl Tennis Tournament

February 4-6, 2011
Tournament open to Singles & Doubles High School to Adult.
Entry Fee: \$20/1st event & \$5/2nd event

REGISTRATION DEADLINE IS MONDAY, JANUARY 31st!



Tennis Lessons

Youth Tennis Lessons will be held:
Session 4: Feb. 8-Mar. 3, 2011:
Ages 5-12 (4:00-4:55 pm) T & TH
Cost: \$24.00
Register online or at WRCC.

Pat Fadden Racquetball Classic

February 11-13, 2011
Entry Fee: \$40/1st event; \$5/2nd event; 17 & under - \$10/1st event
Entry Deadline is Friday, February 5th.
Visit [westrivercommunitycenter.com](#) for entry form and information.

Racquetball & Tennis Courts Closed

Tennis courts will be closed February 4-6 for the Pre-Super Bowl Tennis Tournament. Hours closed will depend on tournament play. Racquetball courts will be closed on Fri., Feb. 11 from 4:00pm-Close and all day Sat., Feb. 12 due to the racquetball Tournament.

UPCOMING EVENTS:

- February 4-5 - Pre-Super Bowl Tennis Tournament
- February 4 - Wear Red for National Wear Red Day!
- February 5 - Youth & Adult Orientation Classes
- Tennis Lessons Begin
- February 11-13 - Pat Fadden Racquetball Classic
- February 14 - Happy Valentine's Day
- February 15 - Deep Water Aerobics
- February 19 - Blue Hawk BB Tourn.
- February 21 - President's Day
- February 27 - Dolphins Swim Meet
- February 28 - Grocery Store Tour

POOL NEWS

- A new session of aquatic lessons begin January 31st. Please visit our web site for available classes.
- Dolphins Swim Meet Sun., Feb. 27th.
- Please watch for postings of Lap Pool schedule changes.

NEW CLASS! DEEP WATER AEROBICS!

Join us for a fun and challenging workout using flotation cuffs and resistance equipment. A non-impact workout that is easy on the joints yet totally exhilarating for all fitness levels. Class is held in the deep end of the lap pool. Swimming skills are not necessary as the flotation cuffs keep you buoyant and your head is above the water the entire class. Class includes cardiovascular and toning exercises, 50 minutes in length. Class is limited, so please pick up a number from the Control Desk.

Class schedule for the month of February will be as follows:

Beginning February 15, 2011:
Tuesday & Thursday 7:00 pm
Wednesdays 6:00 am
Sundays 6:00 pm

Schedule may be adjusted in March due to participant participation.



To make an appointment with a personal trainer or dietitian, please contact Healthy Results at 456-2070 or Natasha Ash at 260-8803.

Certified Personal Trainers:

Natashia Ash, CSCS
Shannon Selle, ACE
Patty LaPaglia, ACSM
Shannon Halvorson, ACSM

Licensed Registered Dietitian:

Jo Marie Kadrmas, LRD

Healthy Results Mission Statement:

"Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life."

Half Marathon Running Club

offered by Healthy Results, Inc.

1st Meeting: Feb. 28 - 6:30-7:00 am

1st Run: March 7 - 5:30 am

Cost: \$75.00/person

Registration Deadline: Feb. 28

Race Date: June 5, 2011

Max of 30 participants

*Register at the Control Desk.

HMR Strength Training Club

offered by Healthy Results, Inc.

Purpose: In season strength training program to improve strength for speed and endurance

Who: Half Marathon Running Club participants ONLY

When: March 9, March 16 & March 18 - 5:30 am

Cost: \$44.00/person

Program includes 3 Personal Training Sessions with Natasha Ash, Certified Strength & Conditioning Specialist

Registration Deadline: February 28, 2011

*Register at the Control Desk.

National Wear Red Day

Make it your Mission to Fight Heart Disease in Women

Heart Disease is still the No. 1 killer of women, taking the life of 1 in 3 women each year. This means women just like you - mothers, sisters, friends - are dying at the rate of one per minute because they don't know what you know: Heart Disease Kills.

National Wear Red Day is **Friday, February 4, 2011**. This is a day when Americans nationwide wear red to show their support for women's heart disease awareness. The BodyFit Challenge staff invites you to wear red to the West River Community Center on **Thursday, February 3 from 6:00-9:00 pm** to celebrate and support the fight against heart disease. Don't forget... **wear red on Friday, February 4th for National Wear Red Day!**



BodyFit Challenge

offered by Healthy Results, Inc.

Congratulations to all the people who decided to take the BodyFit Challenge 2011! I look forward to seeing great things happen in the Dickinson community as more people put their minds and bodies to work to transform their lifestyles. Let's eat right and exercise so we can say together "we took control of our health in 2011"! Good Luck to all of you!

Grocery Store Tour

with Jo Marie Kadrmas, LRD, Healthy Results, Inc.



Date: Mon., February 28

Time: 7:00 pm

Location: Dan's Supermarket North

(Meet at the Courtesy Counter)

Cost: \$15.00

*Register at the Control Desk by Feb. 27

At the store, we will discuss a variety of foods, how to navigate through the store to make healthy choices, portion sizes, and I will teach you how to read the nutrition facts label.

Youth & Adult Orientation Classes

Saturday, February 5 - \$12.00

2:00 pm (Youth 12+) / **3:00 pm** (Adult 19+)

Classes are provided to give a thorough orientation to the community center including safety, gym etiquette and use of fitness equipment. Pre-registration is required, please register at the WRCC Control Desk.

*Youth ages 12-13 will receive a certificate enabling them to use the fitness equipment without an adult present.

More Healthy Results News...

Kudos to these Half Marathon Club participants for completing the PF Chang's Rock'n'Roll Arizona Half Marathon January 16, 2011.

Marya Skaare; 2:21
Jill Healy; 2:22

GREAT JOB LADIES!!

Attention BodyFit Challenge Participants:

Don't forget about the [Snow Shoeing Club](#) (featured in January's newsletter) and the [BodyFit Challenge Strength Training Club](#) for Beginners, Intermediates and Advanced participants. Register at the Control Desk.

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

New Class: Yoga Blend

Yoga Blend is a combination of Yoga, Tai Chi and Pilates. It is designed to strengthen, tone and add flexibility to your muscles and ligaments; working your entire body. The class is for all levels, with modifications for those with injuries and those who are more advanced. The class will leave you feeling rejuvenated from the inside out. Yoga Blend will be offered on Mondays at 5:30 pm in February. We will add an additional, evening class in March.

Welcome Ruth Mapel, new instructor with the WRCC. She will be teaching Yoga Blend. Ruth has taught group aerobic classes since 2009 in Colorado for Gold's Gym. Courses taught include Water Aerobics, Boot Camp, and Body Flow. Ruth believes that cross training is an essential part of keeping the body in shape. "Group exercise is an awesome way to inspire people and keep people motivated to accomplish their goals".

Coming in March: Basic members will have an opportunity to attend group fitness classes. Group Fitness classes are a part of the full center packages only. However, for the month of March Basic Members will be able to attend classes for FREE. There will be other incentives for basic members during the month of March. Watch for more details in the March newsletter or call Brenda at 456-2070 ext. 119.

Coming in April: Current Group Fitness participants and all full center members have an opportunity to win prizes by attending group fitness classes. Look for more details in the April Newsletter or call Brenda at 456-2070 ext. 119.

Also, beginning in April: Each month, WRCC will launch a "Feature Class of the Month." In the newsletter you will learn how many calories your feature class burns, what muscle it works, what are the benefits, who should attend... You will also get to know the instructors teaching your classes. Each month we will feature a short biography of the instructors who teach that class. What is so great about the feature class?

1. You will obtain knowledge about the class (calories burned, muscles it works...)
2. You will get to know your instructors
3. The feature class of the month will feature new music and new moves.

Make Group Fitness classes a part of your 2011, get-fit plan. Hope to see you in class!

Click here for the
FEBRUARY
Group Fitness
Schedule

Water Aerobics Schedule

6:00 am Tuesday & Thursday (Leisure Pool)
8:00-9:00 am Monday-Friday (Leisure Pool)
9:00 am Wed. SILVERSPLASH (Leisure Pool)
9:00 am Mon, Wed & Fri (Leisure Pool)
5:30-6:30 pm Monday-Thursday (Leisure Pool)
7:00-8:00 pm Tuesday & Thursday (Lap Pool)
**Water Aerobics is open to all adults,
women & MEN too!**

SilverSneakers

SilverSneakers Schedule

10:00 am Mondays - Cardio Circuit
10:00 am Tuesdays - MSROM
10:00 am Wednesdays - Yoga
10:00 am Thursdays - MSROM

If you have any questions regarding the SilverSneakers program please call Eric or Jo Marie at 456-2070.

Fight the Winter Blues with Good Foods

by Jo Marie Kadrmas, LRD

This year, the winter in Dickinson has been long. The gray days of bitter cold, little sun, blowing snow, and days spent inside over the course of the last couple months may have deflated your mood. If you find yourself a little down and feeling tired or unmotivated, you may be able to forget the cold weather and boost your mood by changing what you eat, when you eat and how you move.

Certain foods we eat are key components in the production of powerful brain chemicals, called neurotransmitters. Neurotransmitters such as serotonin, dopamine, and norepinephrine may jog your memory, improve performance, improve sleep and boost your mood. The following mood-boosting strategies for food and exercise will give you a jump-start to feeling better, even during these cold months.

1. **Stick to a Good Mood Food Eating Pattern.** Start your day by eating breakfast (yes, everyday) and revving up your metabolism for the day. From then onward, eat at least every 4-5 hours or more frequently, to provide fuel for your body and prevent drops in blood sugar. Limit short-term mood boosters, such as coffee, chocolate, tea and energy drinks.
2. **Limit Refined Carbohydrates.** Eat whole grains the majority of the time. The fiber in whole grains prolongs emptying of the stomach, which will make you feel fuller, longer. Whole grain carbs trigger the release of serotonin which enhances calmness, improves outlook and may lessen feelings of depression. Refined carbs (white bread, crackers, white rice and pasta) on the other hand, are quickly digested and do not provide a feeling of fullness nor do they provide as many nutrients.
3. **Get Plenty of Vitamin D.** The new recommendation is to consume 600 IU of Vitamin D daily. Vitamin D, called the "sunshine vitamin", can be produced by our own bodies when exposed to sunlight. However, we do not receive adequate sunlight in ND to manufacture the vitamin D we need. Vitamin D can be found in milk, some soy milks, yogurts, salmon and egg yolks. Vitamin D may increase levels of serotonin in the brain, boosting your mood. A supplement may be required to meet adequate levels. Discuss all supplements with your doctor and dietitian.
4. **CLICK HERE FOR THE REMAINDER OF MOOD BOOSTING STRATEGIES...**

Happy Valentine's Day
Monday, February 14th

President's Day

Monday, February 21st

***WRCC will be open normal hours.**

Dickinson Parks & Recreation will be closed.

Current WRCC Memberships:

Annual = 4,179

3-Month = 653

Punchcards = 957

5,789 Total Members



Lock up your valuables!

Locks are available for rental for only \$1.00/day or bring your own. We also have locker memberships available. Please inquire at the Control Desk.



"Like" us on Facebook!

West River Community Center

HOURS OF OPERATION:

Monday-Friday 5:30 am - 10:00 pm

Saturday 7:00 am - 9:00 pm

Sunday 12:00 - 8:00 pm



2004 Fairway Street
(701) 456-2070
dickinsonparks.org



**Register online -
it's easy!**



Register Online go!